



OVERCHURCH JUNIOR SCHOOL

Relationships, Sex, and Health Education (RSHE) Policy 2026 -27

1. School Vision and Values Statement

At Overchurch Junior School, our mission is to *Respect, Believe, Achieve*. We are committed to fostering a kind, safe and inclusive environment where every child is empowered to reach their full potential.

Our RSHE curriculum directly embeds our core **RESPECT** values:

- Resilience
- Empathy
- Self-awareness
- Positivity
- Excellence
- Communication
- Teamwork

We aim to equip all pupils with the knowledge, emotional tools and character traits needed to navigate relationships, manage their mental health and grow into happy, confident, responsible members of society.

2. Policy Context & Statutory Requirements

This policy has been produced in accordance with the Department for Education (DfE) statutory guidance for Relationships Education, Sex Education, and Health Education (RSHE) (effective September 2026).

It aligns with key legislation, including:

- Section 78 of the Education Act 2002 (promoting spiritual, moral, cultural, mental, and physical development)
- The Equality Act 2010
- Keeping Children Safe in Education (KCSIE)
- The Children and Social Work Act 2017

3. Curriculum Delivery & the myHappymind Framework

RSHE is taught as an integral part of our broader Personal, Social, Health and Economic (PSHE) education. We deliver our statutory curriculum through **myHappymind**, a whole-school, NHS-backed programme grounded in neuroscience and positive psychology.

The curriculum is structured around five core modules across Key Stage 2:

- **Meet Your Brain:** Understanding brain structure (Amygdala, Hippocampus, Prefrontal Cortex), self-regulation and emotional control.
- **Celebrate:** Identifying personal character strengths, growing self-esteem and building resilience.
- **Appreciate:** Understanding gratitude as a habit to support mental well-being and positive outlooks.
- **Relate:** Developing active listening, empathy, positive friendship skills, and conflict resolution.
- **Engage:** Goal-setting, perseverance, and managing challenges.

Supplementary PSHE units (*myHappybody*, *myHappyrelationships*, and *myHappyworld*) ensure complete statutory coverage of physical health, puberty, online safety and personal boundaries.

4. Curriculum Overview

Strand	Module/ Content Pillars	Description/ Core Content
myHappymind	Meet Your Brain	Helping children to understand how their brains work and teaching strategies for regulation such as Happy Breathing.
	Celebrate	Building children's self-esteem through recognising and celebrating their Character Strengths.
	Appreciate	Developing an Attitude of Gratitude! Teaching children the importance of thinking about what we are grateful for and sharing this with others.
	Relate	Introducing relationship-building skills such as Active Listening to ensure children have the foundations to form friendships, be heard and understand others.
	Engage	Introducing the power of Goal Setting to children so that they aspire, dream and learn to persevere.
myHappymind Plus	myHappybody	Section 1: Relationships (Sex) and Health Education (RSHE): Covering topics such as physical wellbeing and keeping safe.
	myHappyrelationships	Section 1: Relationships (Sex) and Health Education (RSHE): Covering topics such as families and close positive relationships, bullying and respecting ourselves and others.
	myHappyworld	Section 2: Economic Wellbeing and Careers Education: Covering topics such as media literacy, economic wellbeing and career education.
British Values	Democracy	Promoting a democratic process.
	Rule of Law	Teaching the importance of laws and rules, their purpose in protecting society, and the consequences of breaking them.
	Individual Liberty	Ensuring children understand their rights and freedoms, while also learning to exercise them responsibly within a safe environment.
	Mutual Respect	Teaching children to respect the protected characteristics of others and to treat everyone with respect.
	Tolerance of Different Faiths and Beliefs	Encouraging an understanding and appreciation of different cultures, faiths and beliefs, and promoting respect for all people regardless of their background.

5. Statutory Content & Right to Withdraw

- **Relationships & Health Education (Mandatory):** Under DfE guidance, Relationships and Health Education are compulsory for all primary-aged pupils. Parents do **not** have the right to withdraw their child from these statutory lessons.
- **Sex Education (Non-Statutory):** Overchurch Junior School provides discreet lessons covering human reproduction as part of our Upper Key Stage 2 preparation for secondary transition.
- **Right to Withdraw:** Parents have the right to request that their child be withdrawn from the non-statutory elements of Sex Education (lessons that go beyond the National Curriculum for Science). Requests must be made in writing to the Headteacher using the school's official *Right to Withdraw Form*. Prior to granting a withdrawal request, the Headteacher will invite parents to discuss the request to ensure clarity regarding curriculum content and implications for the child.

6. Inclusion, Accessibility, and Diversity

At Overchurch Junior School, RSHE is designed to be inclusive of all children regardless of age, disability, gender, ethnicity, religion or special educational needs (SEND). Lessons are adapted to meet individual learning needs, ensuring every pupil can access and benefit from the material.

We actively promote respect, tolerance, and equality, ensuring our teaching reflects diverse family structures and backgrounds in line with the Equality Act 2010.

7. Safeguarding and Confidentiality

RSHE provides a crucial forum for pupils to learn about safety, personal boundaries and safe relationships.

- Class teachers establish clear ground rules before lessons to ensure a safe learning environment.
- Teachers cannot offer unconditional confidentiality if a child discloses information suggesting they are at risk of harm.
- Any safeguarding disclosures made during RSHE lessons will be handled immediately in accordance with the school's **Child Protection and Safeguarding Policy**.

8. Parental Engagement & Communication

We recognise that parents and carers are the primary educators of their children regarding relationships and health. We actively foster strong school-home partnerships by:

- Sharing RSHE/PSHE curriculum overviews on the school website.

- Providing access to the *myHappymind Parent App* to enable families to reinforce self-regulation and positive mindset habits at home.
- Consulting parents prior to introducing key statutory RSHE updates or significant policy amendments.

9. Monitoring, Evaluation, and Roles

- **Governing Body:** Holds overall responsibility for ensuring the policy meets statutory obligations.
- **Headteacher & PSHE Lead:** Oversee curriculum delivery, monitor teaching quality, support staff and review policy effectiveness annually.
- **Teaching Staff:** Responsible for delivering high-quality, sensitive RSHE lessons using the myHappymind platform and approved teacher guides.

Policy Approval & Review Date:

- **Approved by Governors:** Autumn Term 2026
- **Next Review Date:** Autumn Term 2027